

### **ABSTRACT OF THE DISCLOSURE**

The present invention is directed to an exercise device that enhances a body workout by requiring a user to maintain balance while exercising. The exercise device has an elongate flexible member connected to a base. The flexible member has an upper surface and a lower surface. The upper surface has a pair of foot placement portions configured and arranged such that a user positioned thereon must exercise balance. The foot placement portions are separated along the longitudinal axis such that a user standing thereon assumes an athletic stance.

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